

# Friends of the South Slopes

March 2010



Box 28011 RPO East Kelowna Kelowna BC V1W 4A6 <http://www.foss-kelowna.org> [info@foss-kelowna.org](mailto:info@foss-kelowna.org)

## Stay Safe This Year

A FOSS member at the AGM asked what could be done to expedite rescues in Myra-Bellevue if someone is injured. FOSS president Herb Blamire spoke about the importance of being prepared when you are out on the trails. By planning ahead and following a few basic rules, you should be able to have a safe and memorable experience.

### Tips from BC Search & Rescue

1. Take time to plan out your trip. Know your personal limits and consider the topography and weather. Don't travel after dark. If you get lost or don't get back before dark, DO NOT PANIC! Stay put. Most people who get lost do so when they keep going after becoming disoriented and confused.
2. Let someone know where you are going, and stick to your plan. Stay on marked trails. If there is a map available, use it.
3. Cell phones and GPS do not always work in remote areas. Never heavily depend on them for your safety. Make sure your cell phone and GPS units have good batteries.
4. Never travel alone! This is just good common sense. Have an exit plan in case you encounter extreme weather.
5. Your very best piece of equipment is your common sense, - use it! Never take risks and avoid obvious danger. A cheap thrill is never worth your life and that is just what you risk when you challenge Mother Nature. She will always make you pay for your mistakes.

If you want to learn more about being safe in the woods, visit the Search and Rescue Website: <http://www.bcsara.com/>



# Annual General Meeting

FOSS' Annual General Meeting was held on January 14, 2010, with forty-nine people in attendance.

Three members of the 2009 board of directors did not stand for re-election. Five-term board member Nick Fiorante is taking some time out to pursue other interests. Nick has been a key member of the board and he was instrumental in the success of the Priest Creek Trail Project. Nick and his dedicated group of volunteers built all three bridges.

Two-year term FOSS treasurer Steve Cawley will spend more time with his young family, hockey and business.

Doug Macdonald, who served one year on the board, is busy with other interests.

We are grateful to Nick, Steve and Doug for volunteering their time with FOSS.

Returning to the board for 2010 are Teresa Brinton, Herb Blamire, Janice Casling, Penny Gubbels, Isabel Pritchard, Pete Spencer and Brad Wright.

We would like to welcome four new board members—Al Bischoff, Marty Stephan, Marilyn Westlake and Moshe Yarosky.

FOSS members can contact the board at any time by e-mailing them at [info@foss-kelowna.org](mailto:info@foss-kelowna.org)



Grant Rice & Cathy Richards help out at the membership table

## AGM Door Prizes

We acknowledge and thank:

Fortis BC, Terasen Gas, Deborah Greaves (Air Water Earth Publications), Herb Blamire (Global Safety Inc.), and Penny Gubbels

for donating the prizes for the AGM.

**Thanks to.....** All the people who helped to make the AGM a success.  
...the volunteers who planned, set up and cleaned up

... Sharon Adams, who organized the refreshments

...The Luxmoore Ladies (Anne Mackay, Shirley Truitt, Ruth Patrick and Daphne Richard) who provided the snacks

...Teresa Brinton who once again prepared an awesome slide show



Socializing at the AGM

# Mystery Mushroom from the Fall Newsletter

BC Park Senior Ranger Erin Gunoff identified the photo in our last newsletter as a *Coprinopsis atramentaria*. She said it is commonly known as inky-caps and it is semi-edible when young, unpleasant when old and turning black, and is very unpleasant if eaten in combination with alcohol (contains the drug antabuse). Thanks Erin!

## Update on FOSS Projects from the Fall of 2009

### Captain Nemo Trail Realignment

Between Oct. 17 and Nov. 8, volunteers spent 104 hours building 200m of single track down the slope from the KVR to the second switchback on the first bench. Snow and freezing conditions halted work but these volunteers will be right back at it in the spring of 2010 when conditions permit. Volunteers from Fortis BC and the Mountain Bikers of the Central Okanagan partnered on this project. FOSS board member Brad Wright is the project manager.



Nov. 8, 2009—Brad Wright and MTBco volunteers  
(Photo credit: Kinga Gortel/MTBco)



Nov. 8, 2009—Volunteers realign Upper Cpt. Nemo (Photo Credit: Kinga Gortel)

## Minimal Risk Corridors

ArcRidge Ltd., the contractor hired by FOSS in the fall of 2009, has completed this project. A crew led by Ryan Ingham assessed and felled danger trees adjacent to Lost Lake Trail between the Stewart Rd. Trailhead and Lost Lake Loop. They also cut back and removed trees that had fallen over the trail, and cleared them 60cm from the trail edge.

The FOSS board of directors approved the expansion of this project to include Pink Highway from Teddy Bear Junction to Flamingo Flats.

Minimal risk corridors are just that... there is a reduced risk to the public on trails where this assessment and mitigation are undertaken. However, it is important to reiterate that although it may lessen the risk, it does not eliminate the hazards of travelling on trails through a forest-fire damaged area. Winds and weather conditions are still a factor and park users are advised to follow the BC Park guidelines outlining the hazards and what to do when there is a high risk situation—for example, windy conditions. These guidelines are posted on the FOSS website, BC Parks/Myra-Bellevue website, and on signs posted by BC Parks at some of the access areas to the park.

# More Safety Tips For travelling in the back country

Excerpts from Adventuresmart Canada <http://www.adventuresmart.ca/land/hiking/index.php>

## **The 10 essentials for all trail users:**

1. Flashlight, spare batteries and bulb
2. Fire making kit—waterproof matches/lighter, fire starter/candle
3. Signalling device—whistle or mirror to signal searchers if you become lost
4. Extra food and water
5. Extra clothing (rain, wind, water protection and toque)
6. Navigational/communication Aids (maps, compass, GPS, charts, cell phone, etc.)
7. First Aid kit—know how to use it
8. Emergency shelter—orange tarp or large orange garbage bag (can also be used as a signaling device)
9. Pocket knife
10. Sun protection (glasses, sunscreen, hat)

## **Equestrians -**

- Ride within your ability. Ensure your horse is properly trained and has the correct temperament and conditioning for the terrain you are riding
- Be alert for wild animals, especially bears, and take the appropriate precautions
- Be prepared for the unexpected

## **Mountain Bikers—**

- Ride a terrain-appropriate mountain bike, well-maintained and set up properly for you
- Wear a helmet, footwear and body armour suitable for your style of riding
- Terrain - ride within your ability—know your limits
- Share the trails—slow down or stop when passing horses, hikers or runners

Further information is available at the following sites. These may be a quick refresher for the wonderful hiking, biking and riding days to come. We all want to be safe and enjoy our encounter with Mother Nature and the best way to do that is to be prepared.

## **Greg Vincent's Hiking Site – The Right Stuff**

- Easy to navigate
- Wide range of topics – boots to GPS
- Good tips and lists for day packs, first aid kits, etc.
- Canadian (Ontario)

<http://home.golden.net/~gvincent/TheRightStuff/safety.html>

## **Canada Trails - Bear Encounters**

- Easy to navigate
- Discusses more than one school of thought on what to do
- Other topics also offer solid advice

<http://www.canadatrails.ca/outdoors/bears.html>

## **Squido – Bear Attacks! Tips to Help You Avoid or Survive One**

- Lots of links to more in depth information
- Discusses bells, spray, etc.
- Take the time to scroll far down the page, the detailed information is farther down

[http://www.squidoo.com/bearattack?utm\\_campaign=direct-discovery&utm\\_medium=sidebar&utm\\_source=JimB](http://www.squidoo.com/bearattack?utm_campaign=direct-discovery&utm_medium=sidebar&utm_source=JimB)



# Adopt a Trail Program

Contact FOSS for more information

FOSS currently has 24 individuals, families or groups who have adopted trails in Myra-Bellevue. FOSS is working with the City of Kelowna to add two City of Kelowna Linear Parks to our AAT program—Priest Creek Trail and KLO Creek Trail.

There are still lots of trails in Myra-Bellevue that are available for adoption. Here is an alphabetical listing of them:

Angel Springs ( <i>great one for a 'group' to adopt</i> )	Bench and Earring)	<i>adopted in sections)</i>
Astrid	Crawford Bench & Easy Out	Race Classic ( <i>Crawford Trail to Flamingo Flats</i> )
Bellevue Access	Crawford Trail	Rocky Screech
Big Drop	Doc Savage	Saddle Trail
Blancher's Silver	Earring	Scarlet's Loop
Boris	Fairlane Loop	Slick Rock Areas
Bullwinkle	Fireweed	Swamp Thing
Captain Nemo	Hillbilly	Upper Bench
Connector ( <i>between Upper</i>	Hyde	Woolley's Revenge
	Lost Lake Trail ( <i>can be</i>	

## What have you seen on the South Slopes this winter???

*Norm & Marilyn will receive a MBPP trail map for their photo submissions*



*Marilyn Westlake was in the right place at the right time to see this magnificent mountain goat looking down from his rocky perch in Myra-Bellevue Park.*

*The animal tracks in MBPP tell a story....what's the story behind this track?*



*Norm Akins saw this lynx on his birthday! He took the photo on Panorama Trail in the McCulloch Nordic Ski Area*